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27 AUG 1959
OFFICE OF THE PRINCIPAL
PATTUKKOTTAI
RURAL EXTENSION TRAINING CENTRE

सत्यमेव जयते

PUBLIC (RURAL DEVELOPMENT PROJECTS)
DEPARTMENT

PROCEEDINGS OF THE SECOND SEMINAR OF GRAMASEVIKAS OF THE MADRAS STATE

HELD AT

BHAVANISAGAR

FROM THE
4TH MARCH 1959 TO 6TH MARCH 1959

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GOVERNMENT OF MADRAS
1959

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PROCEEDINGS OF THE SECOND SEMINAR OF GRAMASEVIKAS HELD AT BHAVANISAGAR FROM THE 4TH MARCH 1959 TO 6TH MARCH 1959

INAUGURATION.

The Second Seminar of Gramasevikas was inaugurated by Sri S. Lakshmirathan Bharathi, Assistant Development Commissioner (Training), Madras, at the Rural Extension Training Centre, Bhavanisagar, at 3 p.m. on the 4th March 1959. Srimathi (Dr.) Rajammal P. Devadas, Chief Home Economist, Ministry of Food and Agriculture, Government of India, presided. Points from the inaugural address delivered by Sri S. Lakshmirathan Bharathi, Assistant Development Commissioner (Training), Madras, and from the Presidential address by Dr. Rajammal P. Devadas, Chief Home Economist, during the inaugural session are given in Appendix I.

PARTICIPANTS.

Selected officials, non-officials and three Gramasevikas trained during the first and second batches per district were invited to participate in the Seminar. The participants included twenty-eight Gramasevikas, four Social Education Organisers, two Block Development Officers, one District Social Education Officer, two Principals of Rural Extension Training Centres, two Chief Instructors, one Assistant Instructor, three Deputy Development Commissioners, the Assistant Development Commissioner (Training) and the Chief Home Economist, Government of India. The names of the delegates are given in Appendix II.

AGENDA.

The agenda for the seminar was finalized by the Assistant Development Commissioner (Training), Madras, in consultation with the Principals and the Chief Instructors at Bhavanisagar and

T. Ka... and the Chief Ho... ...mist, Government of India. Among the important items were—

Review of the implementation of the recommendations made at the First Seminar of Gramasevikas;

Problems encountered by the Gramasevikas in carrying out projects in the field of Home Science;

Technical guidance and supervision necessary for the Gramasevikas;

Inservice and Refresher courses;

The role of Gramasevika;

The qualities and the targets for her work.

The detailed programme is given in Appendix III.

SEMINAR SESSIONS.

After the inaugural session, the delegates were divided into three groups each under the Chairmanship of an Instructor of the Home Science Wing, assisted by a Gramasevika elected to serve as Secretary to discuss the various items included in the agenda. The recommendations made by the three groups were discussed at the plenary sessions held subsequently. This procedure facilitated full and frank discussions among the Gramasevikas.

BACKGROUND PARTICULARS RELATING TO WORK OF GRAMASEVIKAS.

In order to find out the problems facing the Gramasevikas and the success achieved by them in the field during the past 1½–2½ years, a detailed questionnaire was also issued (vide Appendix IV). The analysis of the replies to the exhaustive questionnaire, revealed the nature of work, difficulties and the needs of the Gramasevikas.

ROLE OF GRAMASEVIKA AND HER QUALITIES.

The Seminar discussed at length and defined the role of the Gramasevika and the qualities essential for her to function effectively in the field (vide Appendix V).

EVALUATION.

On the last day the Gramasevikas and the other delegates evaluated the Seminar and gave their suggestions for the future Sessions (vide Appendix VI).

IMPLEMENTATION OF RECOMMENDATIONS MADE DURING THE FIRST SEMINAR HELD IN JULY 1957

After the inaugural session, a review of the action taken at various levels on the recommendations made during the first Seminar of Gramasevikas was made. The recommendations, the stage of their implementation and the suggestions made at the Seminar are detailed below :—

	Recommendation.	Implementation.	Remarks.
	(1)	(2)	(3)
1	Gramasevika's field may be limited to cover a group of 5 villages (200 houses of population not more than 1,000 in all).	Partly implemented ..	This recommendation needs to be more specifically stated and implemented. This Seminar suggested that irrespective of the number of villages and hamlets the total population to be covered by a Gramasevika should be limited to 1,000 and the farthest distance she should be required to travel should be 5 miles. (Action : E.R.D.P. IX.)
2	The Gramasevika may be posted where there is a Maternity Assistant or a Health Visitor but not where a Spinning Organiser is stationed.	Implemented in a few cases. ..	The Seminar felt that this recommendation should be fully implemented, because it helps to avoid duplication of work between the Spinning Organiser and the Gramasevika. (Action: R.D.P. IX).
3	Fixed travelling allowance may be given to all the Gramasevikas.	Fully implemented ..	....
4	(a) The Block Development Officer may be requested to assist the Gramasevika in securing proper accommodation for her residence which could be developed as a model house in the village.	Being done in some cases.	Most of the Gramasevikas were not aware of this recommendation and did not approach the Block Development Officers for help. This may be communicated to all Block Development Officers and Gramasevikas (Action : R.D.P. V.)
	(b) The Block Development Officer may be requested to issue suitable instructions to the Extension Officer for Agriculture, to supply in time for the sowing season the seeds and seedlings indented for by the Gramasevikas either free of cost or at concessional rates for promoting kitchen gardens in the villages.	While supply is made, no supply could be made free of cost or at concessional rates.	This may be continued for future blocks. (Action ; R.D.P. V.)

Recommendation. (1)	Implementation. (2)	Remarks. (3)
(c) Block Development Officers may be requested to issue suitable instructions to the Health Visitors and Maternity Assistants of the Block to visit homes along with the Gramasevikas as far as possible and to attend on cases brought by the Gramasevikas.	Fully implemented ..	This may be continued for future blocks. (Action : R.D.P. VI.)
(d) Block Development Officers to communicate to the Gramasevikas all orders which relate to their work.	Being done	The Gramasevikas reported that communications are being read at Staff meetings and indicated that it will be helpful if copies are sent to them so that they can devote time to read and understand them (Action : R.D.P. IX).
(e) Block Development Officers to purchase and supply for the work of Gramasevikas books cost not exceeding Rs. 50 per Gramasevika.	Not implemented	In the absence of a suggested list of books suitable for the purpose the Block Development Officers have not been able to take action. This Seminar will outline the list of books suitable for the purpose (vide Appendix VII). (Action: (R.D.P. X.V).
(f) Block Development Officers to visit the nearest Home Sciences Wings whenever possible to discuss problems pertaining to Gramasevikas.	Partly implemented ..	In the Seminar, the Deputy Development Commissioners were requested to arrange for the Block Development Officers in their region to visit the nearest Home Science Wing. (Action : R.D.P. III.)
5 Cotton, charkas, Khadi, etc., may be arranged to be delivered to the Gramasevikas at the village headquarters to save time and expenses.	Not implemented ..	This needs to be implemented by the Block Development Officers without further delay. (Action : R.D.P. IV).
6 All Gramasevikas may be invited to attend Block Advisory Committee meetings held in the blocks	Implemented	To be continued in the new blocks to be launched. (Action : R.D.P XI).
7 Gramasevikas of the first and second batches may be given first-aid training and supplied with a first-aid kit.	Partly implemented ..	To be fully implemented (Action : R.D.P. VIII).
8 Sanction may be accorded for the supply of equipment worth Rs. 100 to each Gramasevika for demonstration purposes.	Implemented	The Block Development Officers experience difficulties in purchasing the articles at the prices fixed at the last Seminar. This Seminar recommends that instead of limiting the price of each article, the total amount may be specified and the Block Development Officers authorized to purchase within that limit as per normal rules of purchase of stores (Action : R.D.P. IX).

9 Training in the maintenance of Office Records and registers to be included in the syllabus for Gramasevikas.	Implemented	Training in office records and procedure has been included in the revised syllabus for the Gramasevikas by the Government of India.
10 There should be atleast two training camps in the villages for a fortnight's duration each, for the trainees, one after six months and other camp before the close of the training period.	Do. ..	In the light of the experience gained in the Home Science Wing, Bhavanisagar, the first camp may be held in the second or third month and the second camp during the ninth and tenth month of their training. (Action: R.D.P. VIII.)
11 A two weeks' refresher course may be given to the Gramasevikas annually.	Not yet implemented ..	This seminar is to outline the syllabus for the first of such courses in the light of their needs (vide m in recommendation 9 and Appendix VIII (Action: R.D.P. VIII.)
12 Instructors of Home Science Wings to visit the blocks where Gramasevikas are posted.	Being implemented to the extend possible.	The Instructors felt that one more full-time Assistant Instructor or Woman Social Education Organizer should be appointed to each Home Science Wing in order to cover a larger area and have an effective follow up. (Action: Government of India and State Government R.D.P. XII.)
13 Instructors of Home Science Wings to be invited to attend Block Advisory Committee meetings.	Fully implemented ..	To be continued (Action: R.D.P. XI).
14 Organisation of a short course in Home Science to all Women Social Education Organisers and acquainting the Block Development Officers with the Home Science Programmes.	Partly implemented ..	Six Social Education Organizers (Women) have been deputed for the two months' refresher course in Home Science at the Sri Avinashilingam Home Science College, Coimbatore. More may be deputed as and when such courses are organised (Action: R.D.P. VIII). A Seminar may be conducted for all Block Development Officers to acquaint them with the Home Science Programme (Action: R.D.P. III.)
15 Gramasevikas may be instructed to send their specific problems and reports of interesting experiences to the Chief Instructors of the Home Science Wings	Being done	To be continued (Action: Chief Instructers and Gramasevikas).
16 The target suggested in the seminar may be circulated to all Block Development Officers	Implemented	
17 The proforma evolved for the monthly progress report may be circulated to all the Block Development Officers.	Do.	This Seminar suggests that it should be printed and sent to all Blocks (Action: R.D.P. IX).

RECOMMENDATIONS ARISING FROM THE IMPLEMENTATION OF THE FIRST SEMINAR.

(Please see remarks column of the statement above.)

Main recommendations of the present seminar.

TARGETS.

1. (*a*) Targets for the Gramasevikas may be fixed on a six-monthly basis instead of on a monthly basis, since due to seasonal variations and other factors, the Gramasevikas are not able to fulfil the targets every month. The six monthly targets worked out by the Gramasevikas in the light of their experience, is given in Appendix X. (Action : R.D.P. IX.)

(*b*) Monthly or a quarterly programme may be made to suit the local requirements on the basis of the targets fixed for six months (Action : R.D.P. IX).

(*c*) The monthly progress reports should carry a column to indicate the progressive totals of the targets achieved, in order to facilitate a proper assessment of the Gramasevika's work (Action : R.D.P. IX).

2. The recommendations made at this Seminar should be translated into Tamil and circulated to all the Gramasevikas, Women Social Education Organisers, Block Development Officers and others concerned. (Action : R.D.P. VIII.)

PROMOTION OF SMOKELESS CHULAS.

3. (*a*) The current batch of Gramasevika trainees should be more adequately trained in the principles, installation, working and follow-up of the smokeless chula. (Action : R.D.P. VIII.)

(*b*) All Gramasevikas should have in their own houses a functioning smoke-less chula. They should never attempt to promote smoke-less chulas unless they have one in their own home and have all the necessary accessories for installing chulas in the home. [Action : I.L.C. (Special Department)]

(*c*) Smokeless chula should be supplied to all the Gramasevikas at subsidised rates for distribution. To start with, every Gramasevika should be given ten chulas with chimneys at a nominal rate of Re. 1 each in order to initiate and popularise the programme. Thereafter the chulas may be supplied at the usual subsidised rates. [Action : I.L.C. (Special Department)]

(*d*) The cost of chimneys for the chulas is prohibitive since even kerosene tin costs Rs. 3 per chula. To overcome this difficulty, the local potter can be trained to make earthen chimneys. For this purpose, the Block Development Officers may depute potters from their blocks to T. Kallupatti for training in 'smokeless chulas' ' under the provision made for " Rural Arts and Crafts ". [Action : I.L.C. (Special Department).]

PROMOTION OF KHADI.

4. The difficulties experienced by the Gramasevikas in not getting one rupee worth cotton free for each new charka introduced as per G.O. No. 2371, dated 8th August 1957, and in the matter of rejection of large number of hanks produced should be removed. (Action : R.D.P. IV.)

RECORDS AND REGISTERS MAINTAINED BY GRAMASEVIKAS.

5. (*a*) All Gramasevikas should be supplied with printed copies of the registers expected to be maintained by them. (Action : R.D.P. IX.)

(*b*) The following registers are at present maintained by the Gramasevikas :—

For Khadi.	Others.
1 Spinners inspection register ..	1 Daily diary.
2 Spinner registers	2 Village visiting register.
3 Yarn purchase register	3 Village-wise development register.
4 Stock registers for yarn and charka	4 Village-wise family register.
5 Ledger to watch recovery ..	5 Stock register.
6 D. C. B. Register	6 Advance programme register.
7 Free supply of cotton register ..	7 Personal register.
8 Day book register	.. ..
9 Bill books	.. ..
10 Sale of cloth register	.. ..

A few Gramasevikas maintain in addition to the above registers separate registers in respect of the demonstrations conducted by them and a register for showing the number of night schools conducted.

The Gramasevikas working under the Project implementing committees maintain in addition to the above the following registers :—

1. Balwadi School register.
2. Stock register.
3. Milk account register.
4. Medicine register.
5. Madar Sangam Minutes book.

This Seminar recommends that the number of registers to be maintained by the Gramasevikas should be reduced to the minimum possible and made common to all as in Appendix IX (Action : R.D.P. IX.)

(*c*) In respect of registers to be maintained by the Gramasevikas for Khadi it was recommended that the possibility of reducing the number of existing registers may be examined further. (Action : R.D.P. IV.)

SUPERVISION AND TECHNICAL GUIDANCE.

6. (*a*) Block Development Officers to pay special attention to the problems of Gramasevikas during Block staff meetings. (Action : R.D.P. III.)

(*b*) Women Social Education Organisers should visit the Gramasevikas as frequently as possible. (Action : R.D.P. IX.)

(*c*) When the services of Gramasevikas are utilised for any sale of articles like T.B. seals, ghani oil, books, periodicals, etc., it should be specially guarded that they are not paying out of their own pocket the cost of any materials supplied to her for this purpose. [Action : R.D.P. IV, VI, I.L.C. (Special) R.D.P. I, X and XIV.]

(*d*) When supplies for demonstration purposes are made from the block to the Gramasevikas such as eggs and seeds, the Block Development Officers should see to their quality and depute the respective specialists to help in the initial stages of the programme for ensuring success of Extension methods. (Action : R.D.P. V.)

(*e*) The Block Development Officers may post the Gramasevikas to the villages where they are most needed and where there is adequate scope for their work. (Action : R.D.P. IX.)

(*f*) The Block Development Officers may be empowered to sanction Rs. 15 per mensem towards contingencies for Home Science Demonstration to each Gramasevika. (Action : R.D.P. IX.)

(*g*) The Block Development Officers may be requested to keep the Social Education Organisers.

(Women) informed of the casual and other leave granted to the Gramasevikas. (Action : R.D.P. III.)

(*h*) The Gramasevika should be allowed to work for at least a year in a group so that her projects can take roots. This period should be extended according to the needs of the situation. (Action : R.D.P. IX.)

(*i*) Gramasevikas should be given opportunities to conduct exhibition during the village leaders' training camps. Women Village Leaders' camp should be organized under social education programme. (Action : R.D.P. VIII.)

(*j*) Deputy Development Commissioners may be requested to meet the Social Education Organisers (Women) and Gramasevikas of each block at least once in three months to discuss their problems. (Action : R.D.P. III.)

PROMOTION AND USE OF CHAKKIE RICE.

7. (*a*) All Gramasevikas should own a chakkie in order to use hand-pounded rice. [Action : I.L.C. (Special).]

(*b*) The Block Development Officers are to arrange for supplies of the required quantities of chakkie rice when Gramasevikas place firm indents for it based on the local demands. [Action : I.L.C. (Special).]

PROMOTION OF CRAFT WORK.

8. (*a*) The Gramasevikas will have to exercise great care in teaching of crafts Only such crafts as are remunerative and for which materials are available locally should be selected. Spinning, stitching garments by hands and palmyrah leaf work are some of the successful crafts. They may be promoted. [Action: I.L.C. (Special).]

(*b*) The nature of crafts work should be indicated in the monthly progress report as detailed below. (Action: RDP IX.)

Craft.	*Income derived by the villagers by the actual sale of crafts.*	*Estimated income in the self-consumption of these articles made.*	*Total.*
(1)	(2)	(3)	(4)

(*c*) For further specialisation in crafts to help in producing articles of saleable value, the Gramasevikas who are willing to undergo at their own cost, additional training, may be granted study leave and deputed to the institutions where such training is available. (Action: RDP IX.)

REFRESHER COURSES.

9. For all the Gramasevikas of the first and second batch, a refresher course of two months' duration should be arranged in one of the Home Science Wings preferably at T. Kallupatti where facilities are available for teaching crafts. The syllabus suggested is given in Appendix VIII. (Action: RDP VIII.)

GRAMASEVIKAS WORKING IN THE PROJECT IMPLEMENTATION COMMITTEE.

10. (*a*) The Block Development Officers may be requested not to give any programme of work and targets to the Gramasevikas assigned to the Project Implementation Committee. (Action: RDP VII.)

(*b*) The Gramasevikas of the Social Welfare Boards should also receive the same training as the Gramasevikas trained in the Home Science Wings. (Action: RDP VII.)

(*c*) The Mukya Sevikas of the Social Welfare Board should also receive the same training as the Women Social Education Organisers. (Action: RDP VII.)

(*d*) The Project Implementation Committees may be requested to frame the programme of work for the Gramasevikas trained in the Home Science Wings, placed at their disposal, in such a way as to utilise in full the training given to them i.e., to give more emphasis on home improvements aspects. (Action RDP VII.)

(*e*) The Project Implementation Committees seem to insist on making toys, for which activity the women do not have a liking. This has led to the Gramasevikas mechanically making the toys to fulfil the targets of the Project Implementing Committee. This should be avoided. (Action: RDP VII.)

MINIMUM PROGRAMME FOR WOMEN AND CHILDREN.

11. At present the Block Development Officers are not able to utilize the funds kept apart for women and children programme since they are awaiting the detailed programme in this regard from the State Government. To expedite this, a meeting of representative women workers at all levels may be convened to suggest a flexible minimum programme for women and children, following which the Government may issue detailed orders. (Action : RDP VII.)

12. Husbands of Gramasevikas should be given opportunities for training and appointment as Gramasevaks with the same privilege as the wives of Gramasevaks to enable couples to work together. (Action : RDP IX and XII.)

RECOGNITION OF MERITORIOUS SERVICE OF GRAMASEVIKAS.

13. Recognition may be given to Gramasevikas giving best service, as in the case of Gramasevaks through award of prizes, promotion as Social Education Organisers, study leave facilities and scholarships for studying towards a B.Sc. Degree in Home Science in one of the Colleges in the State. (Action : RDP IX.)

14. Gramasevikas must utilise fully the facilities available for recreation programmes in Madhar Sangams. (Action : RDP IX.)

The closing session of the Seminar was held at 5–00 p.m. on 6th March 1959 when Sri R. Gurusamy, Honorary Principal, Model Centre for Village Industries gave the valedictory address. He explained to the Gramasevikas the pitiable state in which the villages and the rural folk are placed and how Mahatma Gandhiji devised ways and means of helping the villagers. He added that the Community Development Programme is one which will raise the standard of the villagers and wanted the Gramasevikas to put their best efforts in order to achieve the objectives of the programme. He exhorted the Gramasevikas to dedicate themselves to the cause of this noble service. He wanted them to visualise the sufferings of the villagers and think in terms of helping them in their day-to-day needs and comfort them in their sorrows. Then only the lot of the villagers can be improved. He added that the Gramasevikas could shape the economy of the entire village, if only they act in such a way that the women in the village have absolute confidence in them. He appealed to the Gramasevikas to keep always in view the goal of developing the village, as Gandhiji did and strive their best in the task assigned to them.

Dr. Srimathi Rajammal P. Devadas, Chief Home Economist, Ministry of Food and Agriculture, Government of India thanked the Government of Madras for the invitation extended to her and

conveyed her thanks to all the officials and non-officials present for having successfully conducted the Seminar. She expressed her happiness in that that the Seminar undertook to solve the problems arising at the village level. She added that it is a great privilege to work as Gramasevikas in a State like Madras, where the officials attach considerable importance to the programme of welfare for women. She wanted the Gramasevikas to develop their character and to cultivate the habit of thinking out their problems and solving them with reference to local conditions. She also appealed to them to lead a pure life.

Sri S. Lakshmirathan Bharathi, Assistant Development Commissioner (Training) proposed the vote of thanks and the Seminar came to a close.

APPENDIX I.

Points from the inaugural address delivered by Sri S. LAKSHMIRATHAN BHARATHI, Assistant Development Commissioner (Training).

Grama Sevai (village work) is our programme. Gramasevikas and Gramasevaks are the only personnel who are doing this work at field level directly in touch with the people. All the rest are only there to guide and help them and create conditions and resources to make them function efficiently in this process of Extension.

2. What are the problems facing the Gramasevikas in the field and how they can be solved is the object of this seminar.

3. The Gramasevika should always keep the objectives both the long term and short term, in view and make all efforts to achieve them.

4. What is to be her standard of proficiency and efficiency? As the Gramasevak is compared to a model farmer, so also the Gramasevika is to be compared to an ideal house-wife.

5. The Gramasevika has to possess the necessary faith, zeal and fervour to achieve her objectives under even adverse conditions and lack of sufficient resources. She can find sufficient opportunities for work and service when she raises before her the picture of the poorest villagers who inspired Gandhiji.

6. As Family is the unit for any development, change and progress, it is easy to realize the important role of Gramasevika and her efforts in raising the standard of living of the family as a whole.

7. It is absolutely necessary for the Gramasevika to co-ordinate her activities with the Gramasevak in order to gain the maximum results.

8. The Gramasevikas should make such an impression among the people that the villagers must come to them instead of their going to the villagers. If she feels herself to be helpless and entirely dependent on the resources of the Government, she will only increase the sense of helplessness in the villagers.

9. Gramasevikas should have sufficient knowledge of extension methods. By extension, I mean what Gandhiji said, i.e., opening the minds of the villagers to the true needs of their life befitting human beings which they are supposed to be.

PRESIDENTIAL ADDRESS OF DR. RAJAMMAL P. DEVADOSS, CHIEF HOME ECONOMIST, MINISTRY OF FOOD AND AGRICULTURE, GOVERNMENT OF INDIA.

It is a matter of great pride to us that this is the second Seminar of the Gramasevikas convened by the Government of Madras. Madras was also the first to convene the State Gramasevikas Seminar as early as in July 1957, when the programme was new and people were not quite sure of the Gramasevikas role or the scope of Home Science. Therefore, the findings of that Seminar in its printed form, have served as an eye-opener to other States, who have since convened their State Seminars. We are very greatful to the Government of Madras for the active implementation of the Home Science Programme, and for the invitation extended to us to participate in this Seminar. The beautifully illustrated Brochure, "Home Science in Community Development" published by the Government of Madras as one of the outcome of that Seminar, the first of its kind in India, although has some shortcomings, is a valuable tool to the programme.

The important role women have in making the Community Development programmes successful has been accepted. Dr. Arnold Toynbee, the famous historian, has pointed out that the yardstick to measure the progress of a nation is the progress its women have made. Women hold great responsibilities in all the developed countries. In our country also, there is an increasing appreciation of the need to get the active co-operation of women in building up our nation. This is shown in the fact that 24 of the 27 Home Science Wings established in 1955, by the Government of India, of which Bhavanisagar is one, will soon be expanded to recruit and train 40 Gramasevikas per year, instead of 20 as at present. Further 20 more Home Science Wings will be added in the coming year, and 22 in the succeeding years. All these will help to turn out more than ten thousand Gramasevikas by the end of 1963 to staff the 5,100 blocks with two Gramasevikas each. While these numbers are impressive, what is more significant is the quality of work performed by the Gramasevikas in the field. The development of the personalities of Gramasevikas depends very much on the training given in the Home Science Wings, and on the exemplary influence excited by their Instructors. In the beginning we had some misgivings about the suitability of taking Home Science Graduates trained in the Colleges in urban areas, for the work of training Gramasevikas. However, they have dispelled our fears by proving that they are capable of full adaptation to the rural conditions, and gearing their instructions to suit the needs

of the villagers. We have had a remarkable continuity of service among the Home Science Instructors. We are aware of the constant need for giving them refresher courses and are arranging for them.

Home Science means developing the skills, abilities, knowledge and attitudes necessary to get maximum happiness and health in life, out of the available resources. Therefore, it deals with the daily life in the family, food, clothes, shelter, children, community relationships, health, getting on well with others and cultural and spiritual values. People often wonder what can be done to improve food and health in a country steep in poverty. There is much that can be done even in the midst of the poverty. Consider all the wastages of food incurred daily in serving foods not eaten, wrong notions of hospitality, improper cooking methods, household pests like rats and rodents, lack of knowledge of preserving foods in season, and over-eating. If these are avoided the poor people will have much more food than they now have. By promoting improved methods of agriculture, we can certainly increase agricultural production. How to use the increased food thus made available to the utmost value is more important? Our country is rich with many wild greens leaves which are the rich resources of all the vitamins in the world. Yet, we find so many deficiency diseases prevalent in the country. What is needed is promotion of consumption of these vegetables. People do not take to chakki rice because of its appearance and prestige reasons. If they realize that it has much valuable vitamins they will accept it better.

The Gramasevika is a multi-purpose worker and her target is home improvement in villages. She can work towards that goal, only through the activities in which the women are involved, such as farming. The recently revised syllabus for the Gramasevika emphasises Agriculture and Home improvement. Many changes have been introduced in it to include all the practical aspects Gramasevikas should know about work in the villages as given below:—

(1) Agriculture and allied subjects.

(2) Health and Sanitation.

(3) Mother and Child Care.

(4) Food and Nutrition.

(5) Home Management.

(6) Clothing.

(7) Crafts.

(8) Co-operation.

(9) Extension Philosophy and techniques.

(10) Office Procedures and Records.

While the right type of syllabus, properly trained Instructors, suitable facilities, congenial working conditions in the villages are all necessary, the most vital factor is the acceptability of the Gramasevika by the village women. To-day many of our Gramasevikas are tortured by unmerited scandals, wrong interpretation of their work by Society, marital status and others. We need to educate our people to think of the Gramasevikas as normal women and not as orphans or outcastes. In Japan, which is advancing in leaps and

bounds from a poverty level to a developed economy, the Home Advisers, corresponding to our Gramasevikas are welcomed by village women as friends and guides. The reason for this is the practical way the Home Advisers work with them and help them to find solutions to their problems. Our Gramasevikas and their Instructors and consultants will have to find ways and means of translating abstract theories to practical solution.

I am confident that our Home Science Wings will be able to meet this challenge. The development of a strong Character is essential to the Gramasevika for her being accepted in the village. This is a difficult process. What sort of Gramasevika do we want in the field? What are the factors which will make the Gramasevika successful? What should be done to her training to meet the constantly changing needs in our Society? I hope that this Seminar will analyse realistically these problems and suggest solutions to them in the light of which the programme for the next year can be outlined.

APPENDIX II.

1 (Srimathi) Dr. Rajammal P. Devadas, Chief Home Economist, Ministry of Food and Agriculture, Government of India.

2 Sri S. P. Ambrose, I.A.S., Deputy Development Commissioner, Coimbatore.

3 Sri R. Pasupathy, I.A.S., Deputy Development Commissioner, Tiruchirappalli.

4 Sri S. M. Sulaiman, Deputy Development Commissioner, Madurai.

5 Sri R. Guruswamy, Honorary Principal, Model Centre for Village Industries, T. Kallupatti.

6 Sri K. P. V. Giri, Kugalur, Gobichettipalayam.

7 Sri S. Lakshmirathan Bharathi, Assistant Development Commissioner (Training).

8 Sri M. A. Rasheed Khan, Assistant Secretary to Government.

9 Sri P. S. Venkatasubramaniam, Principal, Rural Extension Training Centre, T. Kallupatti.

10 Sri J. H. S. Ponnayya, Principal, Rural Extension Training Centre, Bhavanisagar.

11 Sri A. P. Alagiriswamy, District Social Education Officer, Madurai.

12 Sri A. Ranganatha Rao, Block Development Officer, Perundurai.

13 Sri A. Subramaniam, Block Development Officer, Sathiamangalam.

14 Kumari Shanti Sudarsanam, Chief Instructor, Home Science Wing, Bhavanisagar.

15 Kumari Sakunthala Bharathi, Chief Instructor, Home Science Wing, T. Kallupatti.

16 Kumari Padmasini Asuri, Assistant Instructor, Home Science Wing, Bhavanisagar.

17 Sri C. Koilpillai, Superintendent, Public (Rural Development Projects), Department.

18 Sri Sarat Chandra Mohan, Social Education Organizer (Men), Satyamangalam, Coimbatore district.

19 Kumari A. Regina, Social Education Organizer (Women), Satyamangalam, Coimbatore district.

20 Sri V. Kannan, Social Education Organizer (Men), Tiruppur.

21 Srimathi Padmini Solomon Raj, Social Education Organizer (Women), Tiruppur, Coimbatore district.

22 Kumari H. Lalitha, Gramasevika, Satyamangalam, Coimbatore district.

23 Kumari Antony Ammal, Gramasevika, Perundurai, Coimbatore district.

24 Kumari N. S. Kamala, Gramasevika, Tiruppur, Coimbatore district.

25 Kumari P. Shenbagavalli, Gramasevika, Coonoor, The Nilgiris district.

26 Kumari T. S. Jothi Bai, Gramasevika, Coonoor, The Nilgiris district.

27 Kumari K. Prema Bai, Gramasevika, Srivilliputhur, Ramanathapuram district.

28 Srimathi Nalayinee Palanikumar, Gramasevika, Srivilliputhur, Ramanathapuram district.

29 Srimathi P. Mary, Gramasevika, Rajapalayam, Ramanathapuram district.

30 Kumari V. Manonmani, Gramasevika, Tirupanandal, Tanjore district.

31 Kumari C. Kamala, Gramasevika, Ammapettai, Tanjore district.

32 Kumari Thangamma, Gramasevika, Tirupanandal, Tanjore district.

33 Kumari R. Renganayagi, Gramasevika, Tirumanur, Madurai district.

34 Srimathi G. Balamani, Gramasevika, Tirumangalam, Madurai district.

35 Srimathi K. Loganayaki, Gramasevika, Kalasapakkam, North Arcot district.

36 Srimathi S. V. Saradha, Gramasevika, Polur, North Arcot district.

37 Kumari Lily Sornabai, Gramasevika, Thurunjanoor, North Arcot district.

38 Srimathi Florence, Gramasevika, Kadambathur, Chingleput district.

39 Srimathi Alamelu, Gramasevika, Tirukalikundram, Chingleput district.

40 Kumari Kamala Roberts, Gramasevika, Peddanaickenpalayam, Salem district.

41 Kumari K. Renganayaki, Gramasevika, Krishnagiri, Salem district.

42 Srimathi R. Saraswathy, Gramasevika, Thalaivasal, Salem district.

43 Kumari V. Rajalakshmi, Gramasevika, Cheranmahadevi, Tirunelveli district.

44 Srimathi K. Chidambaram, Gramasevika, Koilpatti, Tirunelveli district.

45 Kumari V. Pattu, Gramasevika, Alangudi, Tiruchirappalli district.

46 Kumari S. Rajalakshmi, Gramasevika, Musiri, Tiruchirappalli district.

47 Kumari R. Andal, Gramasevika, Chidambaram, South Arcot district.

48 Srimathi A. Ursula, Gramasevika, Kurinjipadi, South Arcot district.

49 Kumari Sournam, Gramasevika, Munchira, Kanyakumari district.

APPENDIX III.

SECOND SEMINAR OF GRAMASEVIKAS (1959), BHAVANISAGAR.

4th March 1959	3-00 p.m.	Inaugural Session.
	3-30 to 5-30 p.m.	Plenary Session. Subject V—Review of the recommendation made at the First Seminar of Gramasevikas of the Madras State in July 1957 (All. groups—A, B and C).
5th March 1959	9-00 to 11-00 a.m.	Group discussions. Subject I—Projects worked on in the field of Home Science Wing and the difficulties encountered. Subject II—Work of Gramasevikas] and supervision. Subject III—Technical guidance.
	11-00 to 11-15 a.m.	Rest.
	11-15 to 1-00 p.m.	Plenary session. Subjects I, II and III.
	2-30 p.m.	Lunch.
	2-30 to 4-00 p.m.	Group discussion. Subject: Job chart of Gramasevikas.
	4-00 to 5-00 p.m.	Plenary session on the above.
6th March 1959	8-00 to 10-30 a.m.	Group discussion. Subject IV — In service and refresher course.
	10-30 to 10-45 a.m.	Rest,
	10-45 to 12-30 p.m.	Plenary Session, Subject IV. Subject VII—Social Education, provision for relaxation and games. Subject VIII—Need for psychological approach. Subject IX—Cycle equipment supplies, allowance for Gramasevikas. Subject VI—Giving prizes for the best Gramasevika.

12-30 to 2-00 p. m.	Lunch.
2-00 to 4-00 p. m.	Group discussion. Subject (1) Role of a Gramasevika. (2) Qualities of a Gramasevika. (3) Improvement of the training programme.
4-00 to 5-00 p. m.	Plenary session on the above.
5-00 to 6-00 p. m.	Closing session.

APPENDIX IV.

Questionnaire for the Gramasevikas.

1 Name of Gramasevika.

2 Address.

3 Date of submission of the report.

4 When trained.

5 Period of training.

6 Successful completion of training certificate received or not.

7 Date of first appointment as Gramasevika.

8 Name of National Extension Service Block or Community Development Block in which she had worked with the periods to be noted.

9 Name of Block Development Officer or Block Development Officers under whom she had worked.

10 Name of Block Development Officer under whom she is working at present.

11 Name of Lady Social Education Organizers under whom she had worked.

12 Name of the Lady Social Education Organizer, under whom she is working at present.

13 Whether Chief Instructor or Assistant Instructors of Home Science Wing had visited her for follow up work and, if so, the period of visit and the name of Instructor and the name of Wing.

14 Physical facilities of Gramasevika:

(a) Type of accommodation:—

Whether rented or not.

Whether she lives alone or with any other co-workers and, if so, with whom.

(b) What improvement has she made in her own house? How did she secure it after occupation?

(c) Cleanliness of house and surroundings.

(d) Expression of art and beauty in the home.

(e) Work simplification.

(f) Facilities for transportation for escort for night halts if necessary.

(g) Any allowances for housing and conveyance.

(h) Whether F.T.A. is paid to her or not.

15 Villages—

(a) Number of villages she had worked as Gramasevika so far.

(b) Number of villages she had done concentrated work and the nature of work.

(c) Number of villages assigned to her and the distance from her house.

(d) Distance of Gramasevika's residence from Block Headquarters.

(e) Distance of Gramasevika's residence from Harijan colony.

16 Technical guidance for the Gramasevikas—

(a) Nature of assistance and co-operation got from Block Development Officer.

(b) Nature of assistance and co-operation got from Lady Social Educational Organizer.

(c) Nature of assistance and co-operation got from Gramasevaks.

(d) Nature of assistance and co-operation got from other officials of National Extension Service or Community Development Department.

17 Planning of Gramasevika's work—

(a) Type of Plan—Weekly—Monthly—Quarterly with details.

(b) Name of officials with whom she plans her work.

(c) Number of visits to villages made by her with Block Development Officer—Average per month.

(d) Number of visits to villages made by her with other officials of National Extension Service or Community Development Department average per month.

(e) Number of visits to villages made by her with Lady Social Education Officer average per month.

18 Progress of work during the period of her start to up-to-date—

(a) Number of families concerned.

(b) Problems attempted in detail 1, 2, 3, 4, 5 (a separate sheet to be attached).

(c) Evidence of success or failure of improved practices in—

(i) Food habits.

(ii) Housing Improvement.

(iii) Introduction of smokeless chulas.

(iv) Child care.

(v) Inducing children to go to schools.

(vi) In raising kitchen gardens.

(vii) Introduction of crafts.

(viii) Inducing expectant mothers to go to Health Centres.

(ix) Construction of soakage and compost pits.

(x) Introduction of village type latrines.

(xi) Inducing women to participate in Extension Activities.

(xii) Organization of women's clubs or mathar sangams.

(xiii) Organizing Youth activities.

(xiv) Developing local leaderships.

(xv) Conducting extension meetings.

(A detailed report with regard to each of the above items, the number she had carried out with regard to each item and the problems encountered by her with regard to each item must be given in detail.)

19 Gramasevika's contribution or participation in the Block staff meetings.

20 Number of Block staff meetings she had attended right from the start.

21 What means of transportation available for her use—
On foot.
By bus.
By train.
By bullock cart.
By block jeep.

22 Methods used in approaching village women and girls.

23 Literature and Audio Visual Aids—

(*a*) List of the visual aids and other teaching aids got from—

(1) Block Development Officer's office.

(2) From your Chief Instructor or Assistant Instructor of Home Science Wing.

(3) From other sources.

(*b*) List the visual aids and other teaching aids prepared by you (charts, posters, flash cards, puppets, flannelgraph or khadderograph).

(*c*) List of type of visual aids needed by you.

(*d*) Name, type of literature received (indicating sources) and distributed.

(*e*) Name type of literature needed.

(*f*) Number of titles or movies shown in your area which of these have been found popular.

24 House visits—

(*a*) Number of families visited per day in the village.

(*b*) Number of hours spent with a family during house visits (rough average to be given).

(*c*) Frequency of home visits (duration of time between two visits to the same family).

(*d*) Effect of Home Visits

25 Methods—

(*a*) Methods which have been most success ful in approaching rural homes

(*b*) Individual home visits.

(*c*) Talks.

26 Demonstration, etc.—

(*a*) Number of demonstration conducted on—

(1) Food and Nutrition.

(2) Health and Sanitation.

(3) Agriculture.

(4) Maternity and Child care.

(5) Home Science Extension.

(6) Home Management, etc.

(*b*) Facilities available in your block for conducting practical demonstration.

(*c*) Facilities needed for conducting for demonstration.

(*d*) Amount required for a month for conducting practical demonstrations.

(*e*) Contribution available from village women.

(*f*) Participation of village women and effect of demonstration on village women.

27 Office work—

(*a*) Nature of office and administrative work entrusted to her.

(*b*) Records and register maintained by her (name with headlines or sub-heads to be specified).

28 Spinning—

(*a*) Number of hanks to be collected in a month.

(*b*) Number of charkas to be distributed per month.

(*c*) Total number of hanks collected by her right from the start.

(*d*) Total number of charkas distributed by her right from the start.

(*e*) Registers maintained for this.

29 Mathar Sangam or Women's club—

(*a*) Number of Mathar Sangam or Women's club organized right from the start.

(*b*) Number of voluntary workers chosen by her to continue the work in the Sangam or club.

(c) Nature of work carried out in the Sangam.

(d) Number of Sangams for the Harijan women.

(e) Facilities available in the block for these Sangams.

(f) Facilities available outside the block.

(g) Other agencies carrying on this work.

(h) Facilities needed for Mathar Sangam.

30 Balwadi classes—

(a) Number of days in the week Balwadi classes are conducted by her.

(b) Average attendance of children per class.

(c) Facilities available for conducting Balwadi classes.

(d) Facilities required for conducting Balwadi classes.

(e) Audio Visual Aids prepared by her for Balwadi classes.

31 Cultural programme of Recreation for village women—

(a) What are the programmes organized for Recreation for village women.

(b) Is there any weekly bajans?

(c) What are the facilities available in the block?

(d) What are the facilities required by her?

32 Suggestions for more effective training and guidance of the Gramasevikas at the training centre—

What emphasis have to be given to the training programme?

Which does she consider essential?

33 Benefits realized by her during the last Seminar.

34 Any points of problems to be discussed in the Seminar

35 Her remarks about the monthly targets suggested in the last seminar—any modifications or alterations with reasons.

APPENDIX V.

The Role of Gramasevikas.

(*a*) To be the instruments for the development of women in the blocks.

(*b*) To draw out village women to participate in community work.

(*c*) Aid to develop the activities among women.

(*d*) Creating the urge for education among local women.

(*e*) Fulfil the women's needs in the block.

(*f*) To understand all problems relating to women and bring them to the attention of the block officials.

(*g*) To develop the urge in village women to raise their standard of living.

(*h*) To promote Home Management and give training to children according to their resources.

Qualities of Training for Gramasevikas.

She must be an example in the village through her behaviour, appearance, dress, action, attitudes and conduct.

She must have sufficient self-control under trying conditions and ability to express freely and frankly.

Courage which will be manifested through her ability to talk in public and convince the people.

Trust all those who work in the village.

Respect all persons with whom she lives and works.

Help all people without discrimination between rich and poor, high and low.

To be free from jealousy.

Simplicity.

Willingness to help and volunteering to help the villagers to meet all the challenging situations.

Patience, courage, ability to live alone and to travel alone.

Adjusting to situations, persistence, honesty and responsibility.

APPENDIX VI.

EVALUATION OF THE ANSWERS OBTAINED FROM THE DELEGATES OF THE SECOND GRAMASEVIKAS' SEMINAR HELD AT BHAVANISAGAR FROM 4TH TO 6TH MARCH 1959.

Question.—I. List out the three important purposes of your cominñ to the Seminar?

Answer—

1. To exchange our views and experience	24
2. To get solutions for the problems in the field	18
3. To know the programme of work	6
4. To know the problems of the field work	4
5. To insist on fixing the targets according to local conditions	4
6. To refresh my knowledge	3
7. To know the problems of the Seminar	3
8. To know the scheme and its content	3
9. To learn the maintenance of registers	3
10. To have new knowledge in training programme ...	3
11. To express our grievances	2
12. To know the problems of P.I.C.	1
13. To get the Fixed Travelling Allowance sanctioned ...	1
14. To make the Block Development Officers understand the importance of Gramasevikas in the block	1
15. To evolve uniform registers	1
16. To avoid transfer within 2 years	1
17. To meet other delegates	1
18. To meet the Gramasevikas and know their working in the field	1

Question.—II. How many of your purposes have not been fulfilled?

Answer—

1. Ayah for Gramasevikas has not been sanctioned ...	4
2. The problems about the P.I.C. are not solved	1
3. I was not able to solve the problems of Gramasevikas.	1
4. Exchange of views was not fully done	1
5. Target was not fixed according to our desire	1

Question.—III. What are three main benefits you got out of the Seminar?

Answer—

1. Cleared our doubts	5
2. Got the idea about the importance of village work ...	4
3. Targets were modified to our satisfaction	3
4. Had clear idea about our work	3

5. Had the sympathetic feelings of Officers 2

6. Had refresher in subjects 2

7. Learnt the opportunity to serve for the village children through Balwadi 1

8. Had chances to discuss our problems 1

Question.—IV. What were the difficulties faced while coming and participating in the Seminar?

Answer—

1. No difficulties 6
2. Short notice 3
3. Travelling alone was found difficult 2
4. Difficulty in leaving my children to come to Seminar. 1
5. Advance travelling allowance not given 1

Question.—V. The following aspects could have been improved.

Answer—

1. The time of group discussion should be shortened ... 13

2. Social Education Organizers of the respective blocks should be invited 2

3. Less time was allotted for discussion 2

4. Interval should be long between group discussions and plenary session 2

5. Discussions should have been held in a more cordial atmosphere 1

Question.—VI. I suggest the following to be included in future Seminars.

Answer—

1. All Gramasevikas should be invited 12

2. The report of the agenda should be in vernacular ... 2

3. One month advance intimation should be given about the Seminar 2

4. Duration of the Seminar may be extended to five days. 2

5. The targets should be fixed, based on the difficulties of the Gramasevikas 2

6. The place for conducting the Seminar may be located in other States 2

7. Women village leaders may be invited 1

8. Balanced diet may be catered to the delegates ... 1

Question.—VII. The items I liked most in the Seminar?

Answer—

1. Ideas were accepted willingly 13
2. Free discussion 7
3. Cultural programme 4
4. Sense of duty 4

5. Food arrangement 4
6. Services of the volunteers 3
7. Group discussions 2
8. Instructions about the maintenance of records 2

Question.—VIII. The successes of the Seminar are.

Answer—

1. The recommendation to give a refresher course to Gramasevikas 12
2. The list of books prepared for the use of Gramasevikas. 4
3. Opportunity to meet the co-workers 4
4. List of articles prepared for the use of Gramasevikas. 3
5. The recommendation about the assistance of Block Development Officers to Gramasevikas 3
6. Knowledge about Rajachula 3
7. Recommendation that no transfer should be made within two years 2
8. The recommendation to give training in tailoring to Gramasevikas 1

The failure or disappointment.

Answer—

1. Proposal to attach ayahs to Gramasevikas not accepted. 6
2. All Sevikas were not invited 1
3. Duration of Seminar is short 1
4. Targets were not fixed according to the field conditions. 1
5. Knowledge about agriculture was not extended ... 1

APPENDIX VII.

List of Books for Grama Sevikas.

Serial number. (1)	Name of the Book. (2)	Author (3)	Publisher. (4)	Cos. (5) RS.	NP.
1	தையற்கலை (பெண்கள்)	K.P. Sundaram	....	2	00
2	சிறுவர் உடைகள்	Do.	....	3	00
3	தோட்டகலை	S.K. Ganapathy Iyer	....	4	25
4	ஆரோக்கிய ஆகார குறிப்புகள்	D.M. Pearson Staff W.C.C.	C.L.S., Madras	0	75
5	கர்பிணிகளுக்கு சில யோசனைகள்	Dr. K. Venkataswamy	....	3	75
6	குழந்தை வளர்ப்பு	Dr. Thirupurasundary	....	7	50
7	குடும்ப நிர்வாகம்	M. P. Rajan	....	2	75
8	குழந்தைகள் விளையாட்டு புஸ்தகம்	E. S. Arumugam	Erode	1	50
9	கைகுத்தல் அரிசியும் மில் அரிசியும்	Khadi Board	Tiruppur	0	62
10	குடும்பக் கலை	Dr. R. P. Devadass	South Indian Book Trust	8	00
11	Meaning of Home Science	Do.	Home Science College, Coimbatore.	2	00
12	சுகவாழ்வு	C. P. Thomson	....	1	75
13	Road to Good Nutrition	Hoftkins Institute	....	0	50
14	பத்து மாதம்	Dr. Thirupurasundary	....	5	00
15	குடும்ப வைத்தியம்	Do.	....	3	25
16	சமையற்கலையும் ஆரோக்கிய உணவும்	Kalyani	....	3	50
			Total	50	12

N.B.—This does not include the free supply to be made of the publications of the Ministry of Community Development, Food and Agriculture and Information and Publicity Departments of both the Central and State Governments.

APPENDIX VIII.

Syllabus for the Refresher Course for Gramasevikas.

[Community Development—Progress—National Extension Service —Stages I and II—Historical background.]

Socialogical and psychological approach to work among women in villages.

Care of sewing machine and ability to undertake small repairs.

Stitching two or three of the following garments:—Shorts and shirts for boys, frock for girls, underwear, blouse for women, petti-coat, making articles in palmyrah leaves for sale.

One of the following crafts articles, palmyrah leaves, toys, clay toys, coir, making decorative articles out of the waste materials.

Principles and practical works involved in installing smokeless chulas and understand their working.

They should work and should have the ability to rectify the defects.

Making and using Audio-Visual Aids in extension work.

Drying foods for preservation without much loss in colour and nutritive values.

Prevention of poultry diseases. Proper handling of the eggs.

Recreational activities.

Office procedures, maintenance of records and registers.

Central Social Welfare Board and its role in the women's work. Co-ordinated projects in the Project implementation committees.

Home nursing.

Treatment and care of dysentry, eye-sore, scabies, diarrhoea, anemia.

Control of mosquitoes and flies.

Child care—Stages of development of children under one year—Children's toys—Folk songs.

Notes.—(*a*) Instruction in Kitchen gardening, improved seeds in Japanese methods of paddy cultivation, composts and manures and other such agricultural subjects may be given at the block headquarters itself.

(*b*) Training in first-aid should be given in the Blocks to Gramasevikas who have not received such training before.

APPENDIX IX.

REGISTERS AND RECORDS TO BE MAINTAINED BY THE GRAMASEVIKAS IN THE FIELD AS PRESCRIBED IN G.O. Ms. No. 2373, PUBLIC, DATED 28TH AUGUST 1958.

1. Stock register of all articles and books, etc.

2. Registration of all references received and sent by them.

3. Daily diary.

4. Village-wise Development Register. Entering the achievements against targets prescribed under various heads—Monthwise—Useful for sending monthly progress reports. (Form prescribed in Memorandum No. 134247, R.D.P. VIII/58-1, dated 22nd December 1958. In the remarks column progressive total up to the end of each month should be indicated.)

5. Village-wise register for family extension work. (Form prescribed in Memorandum No. 134247, R.D.P. VIII/58-1, dated 22nd December 1958.)

6. Advance programme register for the heads, tours and visits, Balwadi, Madar Sangams.

APPENDIX X.

TARGETS TO BE ACHIEVED BY GRAMASEVIKAS WITHIN SIX MONTHS

Food and Nutrition—	
Number of homes where hand-pounded rice is to be introduced.	36
Number of homes where sprouted gram has to be introduced.	36
Introduction of greens	60
Introduction of ragimalt	36
Introduction of best method in cooking	72
Introduction of proper storage of food	24
Preservation of foods	24
Demonstration of cereal preparation	12
Mother graft and Child Care—	
Introduction of vegetable soup	30
Number of babies garments made	30
Number of toys from waste	40
Number of pregnant women to be taken care of	30
Number of classes conducted for expectant and nursing mothers.	6

Mother graft and Child Care—*cont.*

Number of talks or demonstration on child care at Mother Sangham.	6
Number of observation tour for the children	6
Number of meetings to be held in Madhar Sangam	24

Youth Activities—

Number of youth club meetings held	12
Number of study tour	1 per year

Home Management—

Magan Chulas	12
Number of houses improved in ventilation	6
Number of homes where proper disposal of waste is to be practised.	60
Number of families to start small savings	18
Number of families to be trained to keep their houses neat and tidy.	48
Number of kitchen gardens to be started	48

Health and Sanitation—

Number of soakage pits	24
Number of families to be trained in personal hygiene	60
Number of homes where fly or mosquito control practised.	30
Number of latrines constructed	6
Number of families to practise home remedies	48
Number of persons trained to use the latrines	60
Number of talks on demonstration given on health topics at Madar Sanghams.	6
Number of patients taken to Health Centres	48

(Where soakage pit is not possible target for kitchen garden should be increased.)

Other—

Number of competitions on spinning, baby show, best house and kitchen garden, sports.	1 per year.
Organising mala	1 per year
Arranging film show	6 per half-year
Balwadi classes to be conducted	96 classes per half year
Women's tour	1 per year
Planting of trees	12 per year
Charkas	60 per 6 months
Egg distribution	30 per 6 months
Hanks collection	1000 per 6 months
Harijan day six celebrations	6 per 6 months
Shramdan	1 per 6 months
Introduction of bee-hives	1 per 6 months